



YOUR MAGIC “WHAT IF”

by

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ABRACADABRA!

Hey VideoStar!

Your Magic “What If” is a *fabulous* on-camera tool to open up your different energies + different parts of your personality.

Give yourself some time to go through this Sweet Sheet as there’s LOTS of value in these exercises.

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



THE BASICS

There are essentially TWO ways you can use your Magic “What If” question in your videos.

ONE

As a tool to brainstorm how you would do things differently.

This detective work opens the door to the possibilities that can happen when you’re in front of the camera.

TWO

Use that detective work and experiment with the different “What Ifs” that you discovered, in front of the camera.

This is a powerful tool to use just *before* you press record to stir up extra possibilities for how you behave.

For example, let’s say you choose “What If I was suuuper confident in my videos?”

You stand in front of your camera, close your eyes, take a breath and ask yourself that question, let it stir up your energetic response and then you press the record button.

NOTE: You’ll connect to your different “What Ifs” in different ways, so it’s super important to test them out and learn which ones work best to bring in that energetic quality that you’re seeking.

Simply asking yourself this question can be enough to cause a positive shift in your behaviour.



THE BASICS (cont'd)

Let's start with that first point – “What If” detective work!

Use this exercise to stir up your imagination and to claim the energies that you want to invite into your videos.

This is not about stuff like: “What If I was skinnier, curvier, younger, prettier”, etc. That stuff just gets in your way.

Yep, video is truly about the *experience* you're giving your tribe, not the width of your hips. :-)

The structure to get you started is:

What If I was _____? Then I'd be/do/have _____.

NOTE: “be/do/have” is interchangeable, and you can also use your own, more powerful verbs here.

For example:

What If I was more confident on-camera? Then I'd stand more like I was Oprah. I'd smile LOTS and stand in my power. I'd let my hair down and breathe deeply. I'd send out my love for my dream clients with every moment and I'd HAVE FUN in front of the camera. The camera would feel like I'm chatting with a friend.



YOUR TURN!

Okay it's time to dive on in VideoStar!

Brainstorm 10 of your possible "What ifs" (and "thens") for you and your videos.

Keep it about the energies you want to invite, embody and give.

You're getting a whole page for each "What If" so that you can let your imagination run wild + free.

If it takes two sentences for you to feel lit up about that "What If", cool!

If it takes the whole page, cool!

Once you've got a list that you resonate with, one that is filled with outcomes that light you up, Your Magic List becomes a tool you can use before you film ALL your videos.

You can either simply ask yourself one of your Magic "What ifs" when you're about to record and let a new answer come to you in the moment, OR you can read *directly* from your list until you feel fabulous, open to possibilities and excited to press the record button.

Jump in and have fun with this!



YOUR MAGIC LIST

1.



(cont'd)

2.



(cont'd)

3.



(cont'd)

4.



(cont'd)

5.



(cont'd)

6.



(cont'd)

7.



(cont'd)

8.



(cont'd)

9.



(cont'd)

10.



*Be sure to share your
questions and ah-hahs in the
Facebook group!*